



FIELD UMPIRE COACHING NOTES – BRINGING IT ALL TOGETHER

The following is a list of must-do's in every match that you umpire. Some of these elements are simple and can easily be ticked off, while others require focus, concentration, practice and may even be added to your game plan each week to continually improve on.

1) Take control early in the game

- Loud and sharp whistle
- Firm voice
- Decisive signals and indications

2) Use acceleration points to get into the right position

- See acceleration points document for a list of important triggers - Getting side-on to contests is important to get the best view

3) Appropriate response to reportable incidents

- Take your time and get it right

4) Protect the ball player

- Player bending over the ball must be protected
- Pay all high tackles

5) Pay appropriate free kicks and be consistent

- Pay the major and obvious free kicks
- If the game heats up put more emphasis on protecting the ball carrier

6) Look behind after disposal

- Be quick to pay any downfield free kicks

7) Be alert when the ball is dead

- When waiting to start the game
- When the ball goes out of bounds
- When you call for a ball up
- After a score keep vision on the players in the 50m

8) Correct use and application of 50m penalties

- Remember to call time on/off and re-set the mark
- Make sure you bring the mark forward on the correct angle towards goal

9) **Keep the game moving**

- Quick advantage and play-on calls

10) **Enjoy the game. Don't take yourself too seriously!**

For more information and resources visit www.riddellumpires.com.au